

Culinary Arts Foundations: Week 10

Day 1: Ch. 23 Poultry

- Objective: Determine different types of poultry quality, inspection of poultry; grading and storage.
- Starter # 5: How do you safely thaw poultry? (pg. 515)
- Assignment:
 - Notes: Poultry Basics
 - Lab Plan Chicken: Chicken Cordon Blue; Chicken Kiev (need 3rd chicken recipe, use thighs or legs)

Day 2: Poultry Lab (Threshold)

- Objective: Mise En Place. Determine how to properly cut a whole chicken.
- No Starter
- Assignment:
 - Day 1: Chicken Lab
 - Demo: How to cut a whole chicken.

Day 3: Poultry Lab (Threshold)

- Objective: Demonstrate the ability to properly make a chicken dish following safety and sanitation guidelines.
- No Starter
- Assignment:

Day 2: Chicken Lab

Day 4: Poultry Lab (Threshold)

- Objective: Evaluate 3 different chicken products. Identify HACCP guidelines when cooking, cooling and serving chicken dishes.
- No Starter
- Assignment:
 - Day 3 Chicken Lab
 - Lab Evaluation

Day 5: Ch.23.2 Cooking Poultry

- Objective: Determine different methods of cooking poultry
- Starter # 6: List the 4 guidelines to keep in mind to prevent salmonella food poisoning. Pg. 514 "Salmonella Bacteria"
- Assignment:
 - Study Ch. 23.2 Cooking Poultry
 - Ch.23 and CH.24 Poultry and Meat Crossword Puzzle

NOTE: Do not want to use ch.23.2 study guide need to come up with alternate assignment.

Extra:

- "Critical Thinking" pg. 524
- Give students a cooking method and have them find their own chicken recipes.
- Have students practice trussing and carving whole chickens

Ch.23 Notes Poultry Basics

A. What is Poultry?

- 1.) categorized by kind or species
 - a.) _____
 - b.) _____
 - c.) _____
 - d.) _____
 - e.) _____
 - f.) _____
- 2.) w/in these categories there are different classes based on _____ and _____
- 3.) Maturity and Tenderness:
 - a.) the _____ the poultry the _____ the bird
 - b.) tenderness affected by the _____
 - c.) during exercise more _____ is created in the muscle
 - d.) Connective tissue: the tissue that _____
- 4.) Light or Dark Meat:
 - a.) birds that _____ (turkeys and chickens) have _____ colored wing and breast meat
 - b.) light meat has _____ and _____
 - c.) parts of the bird _____ are _____ in color
 - d.) dark meat has more _____ and takes _____

B. Purchasing Poultry (Market Form, Class and Style)

- 1.) _____: form poultry is when purchased
 - a.) _____-cooked w/in 24 hrs.
 - b.) _____-kept up to 6 months
 - c.) _____-convenient for soups, salads and casseroles (frozen/canned)
- 2.) Class: Age and Gender
 - a.) older birds are _____
 - b.) male birds are _____
- 3.) Style:
 - a.) condition or state the bird is in when _____
 - b.) reflects amount of _____
 - c.) sold – whole or in parts, bone-in or boneless, ground
 - d.) _____ poultry that has been prepared and packaged is called ready-to-cook

C.) Judging Quality

- 1.) Color:
 - a.) should vary from _____
 - b.) should NOT be purple or green from _____
 - c.) should NOT have _____ (spoilage)

2.) Odor:

- a.) should not have a _____
- b.) should _____ around the wings or joints

D.) Inspecting and Grading

- 1.) All poultry must be inspected by _____
- 2.) check samples to see that it is _____ and is safe to eat
- 3.) with the stamp you can be assured that the poultry is free from visible signs of disease _____
- 4.) grading is _____
- 5.) Grade A:
 - a. be plump/ meaty
 - b. _____; no blemishes, tears, cuts or bruises
 - c. no _____ bones
 - d. all feathers plucked
- 6.) lower grades used to make _____

E.) Handling & Storage:

- 1.) fresh poultry is _____
- 2.) needs to be _____ if not used w/in _____ days
- 3.) store below 0°F in _____
- 4.) thawing should be done under refrigeration
- 5.) _____

F.) Trussing: involves _____ against the bird's body. It allows for _____ and creates an attractive final product when served

Chicken Kiev

Prep= 20 min. Chill= 1-24 hours Bake=15 min.

Ingredients:

- 4 skinless, boneless chicken breast halves (about 1lb.)**
- 1 Tbsp. chopped green onion**
- 1 Tbsp. snipped fresh parsley**
- 1 clove garlic, minced**
- 4 Tbsp. butter chilled**
- 1 beaten egg**
- 1 Tbsp. water**
- ¼ c. all-purpose flour**
- ¼ c. dry bread crumbs**
- 1 Tbsp. Butter**
- 1 Tbsp. cooking oil**

Directions:

Day 1:

- 1.) Rinse chicken; pat dry.**
- 2.) Place each breast half between 2 pieces of plastic wrap. Pound lightly into a rectangle about 1/8 in. thick.**
- 3.) Remove plastic wrap. Sprinkle with salt and pepper**
- 4.) Combine green onion, parsley and garlic; sprinkle on chicken.**
- 5.) Cut chilled half stick of butter into four long equal sized pieces.**
- 6.) Place a stick of butter in center of each chicken piece.**
- 7.) Fold in sides; rollup jelly roll style, pressing edges to seal.**
- 8.) Stir together egg and water.**
- 9.) Coat rolls with flour, dip in egg mixture then coat with bread crumbs.**
- 10.) Cover and chill 1-24 hrs.**

Day 2:

- 1.) In a large skillet melt the 1 Tbsp. of butter; add oil.**
- 2.) Add chilled chicken rolls. Cook over medium-high heat about 5 minutes or until golden brown. Turning to brown all sides.**
- 3.) Transfer to a 2-quart rectangular baking dish.**
- 4.) Bake in a 400°F oven for 15-18 min. or till chicken is no longer pink.**
- 5.) Spoon drippings over rolls and serve.**

Chicken Divan Casserole

Prep=20 min. Bake=20 min.

Oven =350°F

Ingredients:

- 1 10oz. pkg. frozen cut broccoli, thawed**
- 2 cups chopped cooked chicken**
- 1 4 ½ oz. can sliced mushrooms, drained**
- 1 10 ¾ oz. can condensed cream soup (celery, mushroom, chicken)**
- ½ c. plain low-fat yogurt**
- ¼ c. chicken broth**
- ¼ tsp. dry mustard**
- ¼ tsp. curry powder**
- 1 c. corn bread stuffing mix or herb-seasoned stuffing mix**
- 2 Tbsp. grated parmesan cheese**
- ¼ tsp. paprika**

Directions

- 1.) Place broccoli in the bottom of a 2 qt. square baking dish; top w/cooked chicken and mushrooms**
- 2.) In a medium saucepan combine soup, yogurt, chicken broth, dry mustard, and if desired curry powder.**
- 3.) Heat through but DO NOT boil.**
- 4.) Pour the soup mixture over broccoli, chicken and mushrooms in baking dish.**
- 5.) Sprinkle stuffing mix over soup mixture; top w/ parmesan cheese. Sprinkle w/paprika**
- 6.) Bake in a 350°F oven for 20-25 min. or until heated through.**

Chicken Cordon Blue

Prep and Cooking=40 min.

Ingredients:

- 4 skinless, boneless chicken breast halves
- 4 slices prosciutto or fully cooked ham'
- 4 slices Swiss cheese (3 oz. total)
- 3 T. butter
- 1 c. sliced fresh mushrooms
- 1 clove garlic, minced
- 2 Tbsp. all-purpose flour
- ¼ tsp. ground nutmeg
- 1 c. milk
- 2 Tbsp. dry white wine
- (Hot cooked noodles for serving)

Directions:

- 1.) Rinse chicken, pat dry. Place each breast half between 2 pieces of plastic wrap. Pound lightly into a rectangle about 1/8 in. thick. Remove plastic wrap.
- 2.) Place a slice of prosciutto or ham and a slice of cheese on each chicken pieces.
- 3.) Fold in the bottom and sides; roll up jelly-roll style. Secure with wooden toothpicks.
- 4.) In a 10-in skillet cook rolls in 1 Tbsp. of butter over medium-low heat for 20 min or till tender and juices run clear. Turn to brown evenly. Remove toothpicks.
- 5.) Meanwhile, for sauce, in a small saucepan melt the remaining 2 Tbsp. butter.
- 6.) Add mushrooms and garlic. Cook and stir till tender.
- 7.) Stir in flour and nutmeg. Add milk all at once.
- 8.) Cook and stir till thickened and bubbly. Cook and stir 2 min. more.
- 9.) Stir in wine.
- 10.) Serve chicken with hot noodles and pour over sauce

Name _____ Date _____ Period _____

Chicken Lab Evaluation

Directions: As you taste the different chicken recipes please evaluate the following information and answer the question about your lab performance. You must use descriptive words or you will not receive points

	<u>Taste</u>	<u>Appearance</u>	<u>Texture</u>	<u>Cooking Method</u>
Chicken Kiev				
Chicken Cordon Blue				
Chicken Divan Casserole				

- 1.) How do you properly thaw poultry products? (pg. 512) _____
- 2.) What is the cooking temperature of poultry to ensure doneness? _____ (pg. 522)
- 3.) Even though all poultry must be inspected for safety what are some things that could take place between receiving and serving that could promote the growth of bacteria? _____

- 4.) Imagine that your restaurant received a shipment of whole chickens a week early. Describe the procedures you would follow to check the chickens for quality. (look in section 8-3 pg.190) _____

- 5.) Now that you have completed this recipe what are some suggestions you would make for future reference. _____

- 6.) What, specifically, did your lab group do to work together to make this lab a success? _____

- 7.) Which of these recipes would you serve in your own restaurant and Why? _____



- pg. 516-523
- Use this paper as a guideline to outline the chapter.

Cooking Poultry

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Roasting & Baking Poultry

1. _____
2. _____
3. _____

Carving Poultry

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Broiling & Grilling Poultry

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

(Continued on next page)

Cooking Poultry continued

7. _____

Frying Poultry

1. Pan-Frying: _____

2. Deep-Frying: _____

3. Pressure-Frying: _____

Sautéing Poultry

1. _____

2. _____

3. _____

4. _____

5. _____

Simmering & Poaching Poultry

1. Simmering: _____

2. Poaching: _____

3. _____

Braising Poultry

1. _____

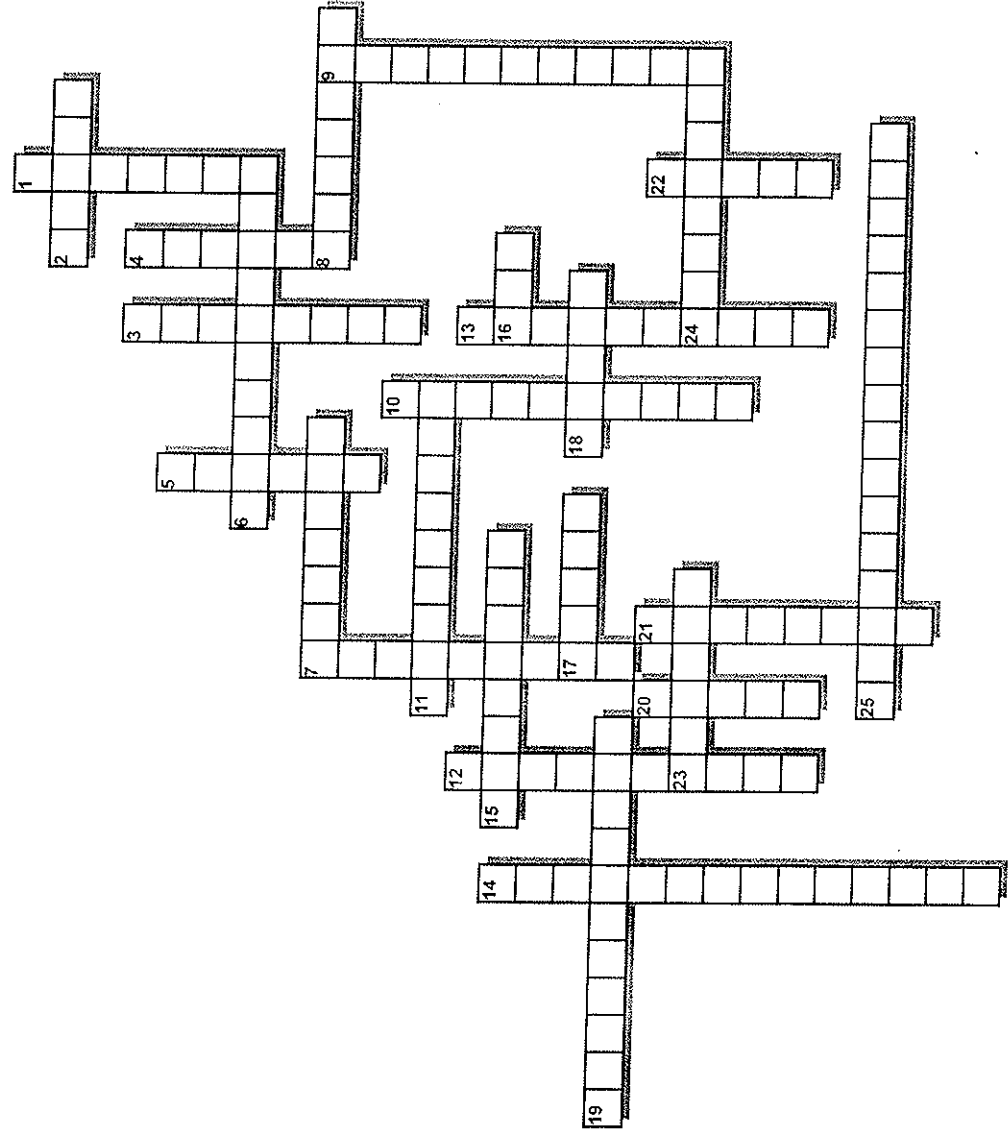
2. _____

3. _____

Name: _____
Date: _____

Poultry and Meat

ch. 23 and ch. 24



2 - The two _____ of poultry are age and gender
6 - the act of changing pork by artificial means
7 - long, thin strips of fat or vegetables are inserted into the center of a lean meat

8 - a hard, yellow tissue that does not break down during cooking "gristle"

11 - occurs when the meat loses water as it cooks

15 - have more muscle and connective tissue. More fat and takes longer to cook

16 - Poultry that has been prepared and packaged is _____
17 - increases tenderness and enhances flavors of beef
18 - used in the very best food service establishment, most expensive

19 - measure the usable amount of meat of beef and lamb

23 - the fat that surrounds the muscle tissue

24 - soft, white tissue that breaks down into gelatin and water during slow cooking

25 - tissue that holds muscle fibers together

1 - wrap lean meat with fat before roasting

3 - involves tying the legs and wings against the birds body
4 - more widely accepted in food service industry,

preferred by customers because of is flavor, tenderness and value

5 - preserving pork with salt, sugar, spices, flavorings and nitrites

7 - has less fat and cooks faster

9 - exposed to medium doses of radiation, effective way to eliminate harmful microorganisms

10 - affected by the age, gender and exercise of the bird

12 - form poultry is in when purchased

13 - sometimes called wholesale cuts; large primary pieces of meat separated from the animal

14 - smaller portions taken from primal cuts

20 - the condition or state the bird is in when received at a food service operation

21 - fat within the muscle tissue. Affects the meats tenderness, taste and quality

22 - 75% of muscle is _____